



PHYSICAL ACTIVITY

Reference: Adapted from the following sources: PACE Canada²³; Australia Heart Foundation. Getting patients more active: Practical information for general practices (2005)³²; and Australian General Practice. Lifescripts: Physical activity: Helping patients to become more active (2004)³³.

Recommended level for Physical Activity is 30 - 60 minutes of CONTINUOUS moderate physical activity on most days of the week. Examples of Physical Activity: Aerobic: walking, swimming; Anaerobic: sprinting; Isotonic: lifting weights; Resistance training: elastic, rubber.

EXERCISE IS PREVENTION

Those who think they have no time for bodily exercise will sooner or later have to find time for illness. ~Edward Standley

A growing body of evidence demonstrates that family physicians can effectively increase patients' physical activity levels through brief clinical interventions that include:

- Brief advice
- Provision of written information, such as an individualized prescription
- Follow-up over subsequent consultations

EXERCISE IS TREATMENT

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch

Decreased blood pressure

Physical activity has an independent capacity to lower blood pressure. Studies show moderate intensity exercise can reduce both systolic and diastolic blood pressure by 7 mmHg which compares favorably with studies of pharmacological treatment.³⁹

As good as an antidepressant

Trials of PA as a treatment for anxiety and depression have found PA to be as effective as antidepressant medication or psychotherapy for mild to moderate anxiety and depression.⁴⁰

Prevention and treatment of diabetes

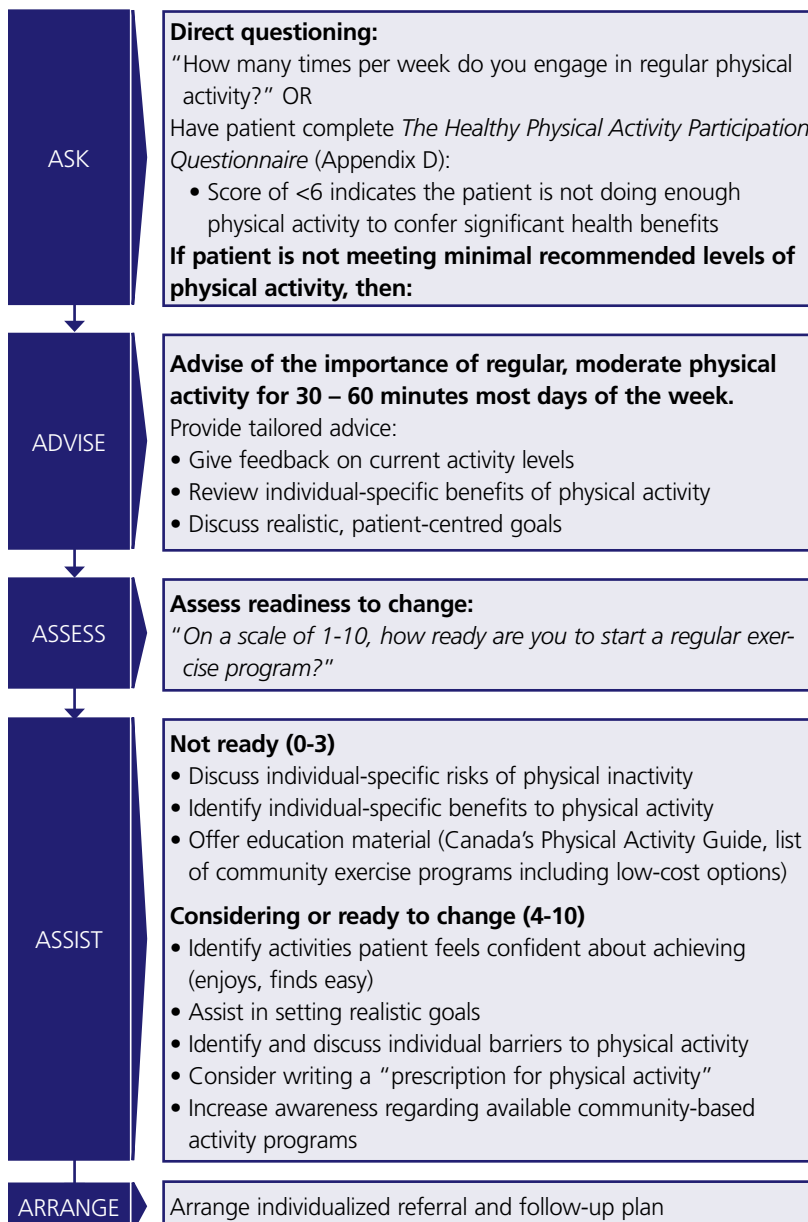
Physical activity, including appropriate endurance and resistance training, is a major therapeutic modality for type 2 diabetes. And can decrease HbA1C up to 0.89%. On subjects at risk of developing type 2 diabetes, lifestyle intervention including 30 minutes of moderate physical activity everyday reduced the risk of developing type 2 diabetes by 58% whereas pharmacological therapy reduce the incidence by 31%.⁴¹

Improved quality of life

Emerging evidence suggests the tailored exercise programs may lead to improvements in quality of life even among heart failure patients nearing the end of life.⁴²

Higher HDL

In 8,764 individuals aged 45 – 64 years, 9 years of follow-up data consistently showed that increases in the level of physical activity is associated with increases in HDL.⁴³





COMMUNITY RESOURCES – PHYSICAL ACTIVITY

The Champlain District is home to many physical activity programs and services including exercise facilities, walking programs, and recreation programs. The following is a short summary of what is available in our community. For a more detailed list of all the programs and services offered (program description, cost, location, hours, and contact information), please refer to the *Physical Activity – Community Resources* Web link: http://www.ottawaheart.ca/content_documents/Community-Resources-2011-03-21.pdf companion document where you will find all the physical activity programs and services in the Champlain LHIN divided by geographic area (Ottawa, Eastern Ontario, Renfrew, and Leeds, Grenville & Lanark).

HEART WISE EXERCISE PROGRAMS

Heart Wise programs are intended for participants who are interested or concerned about their heart health. Heart Wise programs meet the following criteria:

- Encourage regular, daily aerobic exercise;
- Incorporate and encourage warm-up, cool down and self-monitoring with all exercise sessions;
- Allow participants to exercise at a safe level and have progressive options to increase intensity, if appropriate;
- Accept participants with a known history of cardiac disease, provided they have physician approval; and,
- Provide health screening for all participants.

For more information and locations, visit www.heartexercise.ca

INDOOR/ OUTDOOR WALKING CLUBS

There are a variety of walking clubs around Ottawa and throughout the Champlain District. Walking clubs are usually a supportive group of people who meet at different locations and times across the Champlain region to walk for fun and health. There are no age limits or prerequisites and most memberships are free. Some walking clubs are held indoors and others are outdoors depending on the season.

POOL FACILITIES

Indoor swimming pool programs for adults and older adults include lane swimming and a variety of low intensity aqua-fitness classes.

LOW INTENSITY EXERCISE PROGRAMS

Community-based exercise programs are available for adults and older adults starting an exercise program or recovering from an injury. All group classes focus on cardiovascular and muscle conditioning in a fun and safe atmosphere.

INDIVIDUALIZED EXERCISE PROGRAMS

These exercise programs are tailored to a variety of audiences including:

- Individuals from diverse cultural communities
- New moms and moms-to-be
- Older adults with osteoporosis
- Adult hockey players
- Women with limited income

SPORTS ASSOCIATIONS

You will find a list of diverse sports organizations catering to different age groups and various interests such as:

- Cycling
- Rowing
- Tennis
- Curling
- Cross-country skiing